



QIIMEYNTA NAFAQADA EE ILMAHA YAR / NUTRITION ASSESSMENT FOR INFANTS

MAGACA KA QEYBQAATAHA DCN:	TAARIKHDA DHALASHADA:	TAARIKHDA LA DHAMEYTIREY:
Form completed by: <input type="checkbox"/> Parent/Guardian or WIC Staff: <input type="checkbox"/> CPA <input type="checkbox"/> RD <input type="checkbox"/> Nutritionist <input type="checkbox"/> WIC Certifier		
Fadlan ka fakir ilmahaaga habka raashin qaadashadiisa kana jawaab su'aalaha soo socda sidi ugu haboon ee awoodaada ah. Ku dhig sanduuqa yar dhexdiisa calaamada <input checked="" type="checkbox"/> iyo/ama <u>gor</u> jawaabtaada.		
DARYEELE		
<p>1. Sidee ayaad u qeexi lahayd rabitaanka raashinka ee ilmahaaga? <input type="checkbox"/> Fican <input type="checkbox"/> Iska roon <input type="checkbox"/> Liita</p> <p>2. Miyaad dareentey wax isbedel ah oo ku yimidey dhawaan rabitaanka raashinka ee ilmahaaga? <input type="checkbox"/> Haa <input type="checkbox"/> Maya hadii ay jawaabtu tahay haa, liistee isbedelka:</p> <p>3. Waligaa miyuu dhaqtarku kuu sheegey in ilmahaagu qabo wax xaalad caafimaad daro ah ama jiro? [340] <input type="checkbox"/> Haa <input type="checkbox"/> Maya hadii ay jawaabtu tahay haa, liistee:</p> <p>4. Goorma ayay ahayd markii ugu danbeysey ee ilmahaaga aad dhaqtar geysey? Taariikhda: <input type="checkbox"/> Ma ogi</p> <p>5. Sidee ayaad u qeexi lahayd waqtiga quudinta ee ilmahaaga? Calaamadee intii ku khuseysa oo dhan. <input type="checkbox"/> Had iyo jeer la jecleysto <input type="checkbox"/> Inta badan la jecleysto <input type="checkbox"/> Mar mar la jecleysto <input type="checkbox"/> Marnaba aan la jecleysan karin</p> <p>6. Waa maxay waxyabaha uu ilmahaagu sameeyo? Calaamadee intii ku khuseysa oo dhan. [428] <input type="checkbox"/> Afka u fura naaska ama masaasada <input type="checkbox"/> Caba dareeraha <input type="checkbox"/> Fadhiista marka la taageero <input type="checkbox"/> Afka galiya walxaha ka dibna qaniina <input type="checkbox"/> Indhaha la raaca walxaha iyo dhawaaqa <input type="checkbox"/> Gacanta afka gashada <input type="checkbox"/> Koobka marka loo qabta wax ku caba <input type="checkbox"/> xajista masaasada iyada oon laga caawin</p> <p>7. Imisa xafaayadood ayuu ilmahaagu qooyaa 24kii saacadood gudahoodba? ____ qoyan/24 saacadood</p> <p>8. Imisa xafaayadood ayuu wasaqeeyaa ilmahaagu 24kii saacadood gudahoodba? ____ wasaq ah/24 saacadood</p>		
QUUDINTA AASAASIGA AH		
<p>*9. Caanaha nooceee ayaad ku quudisaa ilmahaaga? Calaamadee intii ku khuseysa oo dhan. [411.1] <input type="checkbox"/> Caanaha naaska <input type="checkbox"/> Caanobooraha lagu darey feerada <input type="checkbox"/> Caanoboraha ay ku yar tahay feeradu <input type="checkbox"/> Caanaha lo'da (subag lahayn/laga saarey ;1%,2% ama dhamaan) <input type="checkbox"/> Caanaha bariiska ama cabitaanka caanaha dhirta soyga oo la adkeeyey <input type="checkbox"/> Budo ah <input type="checkbox"/> Caano la uumi bixiyey <input type="checkbox"/> Caano la maceeyey oo jaamud ah <input type="checkbox"/> Caanaha riyaha <input type="checkbox"/> Ma ogi <input type="checkbox"/> Kuwo kale:</p> <p>10. Miyaad naasnuujisaa ilmahaaga waqtigani la joogo? <input type="checkbox"/> Haa <input type="checkbox"/> Maya</p> <p>11. Miyaad waligaa naasnuujisay ilmahaaga? <input type="checkbox"/> Haa <input type="checkbox"/> Maya hadii ay jawaabtu tahay haa, mudo intee le'eg?</p> <p>12. Sidee ayaad ku ogaataa marka uu ilmahaagu gaajoonayo? Calaamadee intii ku khuseysa oo dhan. [411.4] <input type="checkbox"/> Ooya <input type="checkbox"/> Woxoogaa yuus ah <input type="checkbox"/> Jaqa gacmaha ama dibnaha <input type="checkbox"/> Madaxiisa u jeediya xaga ibta naaska ama masaasada <input type="checkbox"/> Kuwo kale:</p> <p>13. Sidee ayaad ku ogaataa marka uu ilmahaagu dhargo? Calaamadee intii ku khuseysa oo dhan. [411.4] <input type="checkbox"/> Afka xidha <input type="checkbox"/> Madaxa kala sii jeesta ibta naaska ama masaasada <input type="checkbox"/> Ibta naaska afka kala booda <input type="checkbox"/> Xiiseeyaa waxyabaha kale ee guriga dhex yaal <input type="checkbox"/> Kuwo kale:</p>		
NAASNUUJINTA (Dhameystir kaliya hadii ay jiraan waxyabahani dhamaan ama qeyb ka midah naasnuujinta)		
<p>14. Waa sidee naasnuujintu? [603] <input type="checkbox"/> Fiican; Waan heley gargaar wixsi aani u baahnaa <input type="checkbox"/> Ma xuma, waxaanse qabaa su'aalo. <input type="checkbox"/> Ma fiicna; Waxaan u baahanahay gargaar.</p> <p>15. Imisa jeer ayaad naasnuujisaa, iska miirtaa ama iska listaa 24kii saacadood gudahoodba? [411.7] Nuujiya ____ jeer/24kii saacadoodba Iska miira ____ jeer/24kii saacadoodba Iska lisa ____ tjeer/24kii saacadoodba</p> <p>16. Waligaa miyaad isku aragtey ibta oo ku xanuunta? [603]..... <input type="checkbox"/> Haa <input type="checkbox"/> Maya</p> <p>17. Miyaad maqli kartaa ilmahaagu inuu liqaayo wax marka aad quudineysid? [603]..... <input type="checkbox"/> Haa <input type="checkbox"/> Maya</p>		
ISTICMAALKA CAANAHANAASKA EE LA ISKA LISO		
<p>18. Sidee ayaad u keydisaa caanahanaaska ee la iska liso? <input type="checkbox"/> Barafeeyaha <input type="checkbox"/> Qaboojiyaha <input type="checkbox"/> Kuwo kale [411.9]</p> <p>19. Intee in le'eg ayaad ku daysaa qaboojiyaha ka hor inta aanad daadin? ____ saacadood/maalmood (Goobaab mid ka mid ah.) [411.9]</p> <p>20. Intee in le'eg ayaad haysataa caanahanaaska kadib marka aad kulkuleyliso? ____ saacadood/maalmood (Goobaab mid ka mid ah.) [411.9]</p> <p>21. Maxaad ku sameysaa caanahanaaska ee ku hadha masaasada? [411.9] <input type="checkbox"/> Ku quudiya mar kale <input type="checkbox"/> Ku celiya qaboojiyaha si loo siyo mar kale <input type="checkbox"/> Daadiya <input type="checkbox"/> Kuwo kale:</p>		
CAANOBOORE (Dhameystir kuwani kaliya hadii ilmuu uu caboo caanoboore)		
<p>22. Waa nooceee caanoboraha uu ilmahaagu cabaa? Magaca: [340] <input type="checkbox"/> Budo ah <input type="checkbox"/> Dareerel aga dhigey <input type="checkbox"/> Kuwa la soo diyaariyey</p> <p>23. Imisa wiqiyadood oo caanoboore ah ayuu cunugaagu cabaa halkii mar eed quudineysidba? ____ wiqiyadood(ounces)/ halkii quudin iyo, imisa jeer ayaad quudisaa maalintii? ____ quudin/24kii saacadoodba</p>		
ISTICMAALKA CAANOBOORAH		
<p>24. Intee in le'eg oo biyo iyo caanoboore ah ayaad isku qastaa halkii mar eed quudineysidba? ____ wiqiyadood(ounces) ____ wiqiyadood(ounces)/ qaado oo caanoboore ah Qaadada caanobooru ma aad ayay u buuxdaa mise heer siman? <input type="checkbox"/> Aad u buuxa <input type="checkbox"/> Heer siman Sidee ayaad u keydisataa caanoboore ka dib marka aad qasdo? <input type="checkbox"/> qaboojiyaha <input type="checkbox"/> Kuwo kaler: [411.6] [411.9]</p>		

25. Mudo intee in le'g ayaad qaboojiyaha ku haysaa caanobooraha qasan ka hor inta aanad daadinin? _____ saacadood/maalmood (Goobaab mid ka mid ah.)	[411.9]
26. Mudo intee le'eg ayaad masaasada ku daysaa heerkulka qolka caadiga ah? _____ saacadood	[411.9]
27. Maxaad ku sameysaa hanbada caanobooraha ee ku hadha masaasada? <input type="checkbox"/> Ku quudiya mar kale <input type="checkbox"/> Ku celiya qaboojiyaha si lowgu quudiyo mar kale <input type="checkbox"/> Daadiya <input type="checkbox"/> Kuwo kale:	[411.9]
HELITAANKA BIYAH	
28. Biyo nooce ah ayaad ku qastaa caanobooraha ama aad siisaa ilmahaaga? _____ <input type="checkbox"/> Nidaamka biyaha ee magaalada ama baadiyaha <input type="checkbox"/> Ceel gaar ah <input type="checkbox"/> Biyaha caagadaha <input type="checkbox"/> Biyaha xanaanada a. hadii ay biyo ceel tahay, miyaa laga baadhey bagteeriya ama kiimikada loo adeegsadobeeraha? <input type="checkbox"/> Haa <input type="checkbox"/> Maya <input type="checkbox"/> Ma ogi Hadii ay jawaabtu tahay haa, calaamadee natijada. <input type="checkbox"/> Badbaado leh <input type="checkbox"/> Aan badbaado lahayn <input type="checkbox"/> Ma ogi b. Miyaad og tahay iney ku jirto biyahaaga maadada u roon ilmaha ee loo yaqaan(Fluoride)? <input type="checkbox"/> Haa <input type="checkbox"/> May <input type="checkbox"/> Ma ogi	[411.9]
RAASHINKA ADAG & CASIIRKA	
29. Miyuu ilmahaagu wali bilaabey heeda ilamaha, raashinka caruurtta ama inuu qoska la wadago? <input type="checkbox"/> Haa <input type="checkbox"/> Maya hadii ay jawaabtu tahay haa, da'dee ayaad ugu bilowday raashinadani nooce ayase yihiin? Guudahaan ma sidanaa: <input type="checkbox"/> La cajimey <input type="checkbox"/> La shiidey ama raashinka caruurtta <input type="checkbox"/> La falfaliirey <input type="checkbox"/> Dareere ah <input type="checkbox"/> Raashinka faraha lagu cuni karo <input type="checkbox"/> Kuwo kale:	[411.2] [411.3]
hadii ay jawaabtu tahay haa, side ayaad ugu quudisaa? <input type="checkbox"/> Qaado <input type="checkbox"/> Masaasad/ilmo quidiye <input type="checkbox"/> Ilmaha ayaa iskii u cuna	[411.4] [428]
*30. Ilmahaagu miyuu cunaa malabka ama raashinada laga sameyey malabka sida buskud xorosh ah oo malab lagu sameeyey, rooti yar yar oo jilicsan? <input type="checkbox"/> Haa <input type="checkbox"/> Maya	
31. Miyuu cabaa ilmahaagu casiirada ah 100% miro la shiidey? <input type="checkbox"/> Haa <input type="checkbox"/> Ma hadii ay jawaabtu tahay haa, imisa wiqiyadood oo camiran oo casiir ah maalintii ? wiqiyadood(ounces) maalintii	
32. Sidee ayaad ku siisaa casiirka ilmahaaga? <input type="checkbox"/> Masaasad <input type="checkbox"/> Koob	[411.2]
33. Imisa ayey da'disu ahayd markii aad ku bilowday inaad ku quudisid casiirka? bilood	[411.3]
*34. Ilmahaagu miyuu cunaa raashinada sida: a. miro ama khudaar cabitaan laga miiro, ama waxyaabaha xoolaha laga dheefsado oon la karkarin. <input type="checkbox"/> Haa <input type="checkbox"/> Maya b. foormaajo jilicsan sida, Feta, Brie, Camembert, blue-veined cheese, Mexican-style cheese, <input type="checkbox"/> Haa <input type="checkbox"/> Maya c. hilib cayriin ama aan aad loo karin, maley digaag, turkiga, ama ukun, <input type="checkbox"/> Haa <input type="checkbox"/> Maya d. khudaarta iniinteeda oo darey ah (nooc xawaashka ka mid ah oo la yidhaa (alfalfa), qorofalka, digir, (khudaar malaasan oo gudoodan, (radish)), <input type="checkbox"/> Haa <input type="checkbox"/> Maya e. hilib suuqa lagu gado oon karsaneyn oo la googooyey, hilib basil oo dukaamada lagu gado, hilib shiidan oo la luuqey oo rootiga la dhexgasho. <input type="checkbox"/> Haa <input type="checkbox"/> Maya	[411.5]
*35. Ilmahaagu miyuu ku jirraa cunto qaadasho nidaamsan oo gaar ah? <input type="checkbox"/> Haa <input type="checkbox"/> Maya hadii ay jawaabtu taahay haa, calaamadee ama qor nooca <input type="checkbox"/> Aan cunin wax xoolo ka yimaada <input type="checkbox"/> Raashin dabiici ah oo ka kooban khudaar iyo iniiyoo oon lagu darin kiimikooyinka <input type="checkbox"/> Kuwo kale:	[411.8] [340]
36. Miyuu ilmahaag joogtu u cunaa raashinada macaan sida nacnac qoriilaha, nacnaca, heeda la meceeyey, ama macmacaanka raashinka ka dib la cuno? <input type="checkbox"/> Haa <input type="checkbox"/> Maya Sheyga(yada) & Cadadka (yada):	[428]
MASAASADA ILMHAHA IYO KOOBKA DABOOLKA LEH EE CARUURTA	
37. Ilmahaagu miyuu cabaa waxyabo kale oon ahayn caanahanaaska ama caanobore ku jira masaasad ama koobka daboolka leh ee caruurtta? . <input type="checkbox"/> Haa <input type="checkbox"/> Maya hadii ay jawaabtu tahay haa, calaamadee initi ku khuseysa oo dhan. <input type="checkbox"/> Caano <input type="checkbox"/> Casiir (100%) <input type="checkbox"/> Biyo <input type="checkbox"/> Cabitaanada aashitada leh sida kookaha/faantada <input type="checkbox"/> Biyo walax kale lagu maceeyey oo la adkeeyey/ budo la qaso oo la caboo <input type="checkbox"/> Shaah la meceeyey <input type="checkbox"/> Kuwo kale:	[411.2] [411.3]
*38. Miyaad dhex galisaa geeda uu ilmahaagu jaqo sharoobada laga sameeyey xasiida ee loo yaqaan (karo) ama malab ama miyaad ugu dartaasada? [411.2][411.3][411.5] <input type="checkbox"/> Haa <input type="checkbox"/> Maya	
*39. Ilmahaagu miyuu masaasada ama koobka daboolka xidhan leh ee caruurtu wax ku cabaan u qaataa sariirta xiliga uu habeenkii ama galabtii seexanayoo [411.2] <input type="checkbox"/> Haa <input type="checkbox"/> Maya	
40. Miyaad u qabataa masaasada ilmahaaga marka aad quudineysid?	[411.2] <input type="checkbox"/> Haa <input type="checkbox"/> Maya
*41. Ilmahaagu miyuu is daba sidaa masaasada ama koobka daboolka xidhan leh ee caruurtta?	[411.2] <input type="checkbox"/> Haa <input type="checkbox"/> Maya
SIYAADOYIN AH	
42. Miyuu ilmahaagu qaataa wax fiitamiino ah, macdano, daawada dhirta laga suubiyo ee dabeeeciga ah, ama daawo dhireed siyaado ah? <input type="checkbox"/> Haa <input type="checkbox"/> Maya hadii ay jawaabtu tahay haa, calaamadee intii ku khuseysa oo dhan. <input type="checkbox"/> Fiitamiinada isku dhafan ee ilmaha <input type="checkbox"/> Fiitamiinka nooca D oo siyaado ah <input type="checkbox"/> Daawo dhireed siyaado ah, daweyyo, shaah <input type="checkbox"/> Feero siyaado ah <input type="checkbox"/> Maadada ilkaha u roon ee loo yaqaan(Fluoride) oo siyaado ah <input type="checkbox"/> Kuwo kale:	[411.10] [411.11]
RAASHIN KUGU FILAN IYO KA QEYBQAADASHADA MASHRUUCYADA	
43. Bishii aynu soo dhaafney, adiga ama inta guriga kugul nool miyaad cunteen raashin aad is leedahay way ka yar tahay intii aad cuni jirteen, sababta oo ah waxaan la hayn lacag ku filan in raashin lagu soo gado? <input type="checkbox"/> Haa <input type="checkbox"/> Maya <input type="checkbox"/> Ma ogi, diidan	
44. Bishii aynu soo dhaafney hadii ay kaa dhamaatey caanobooruhu maxaad sameysey? Liistee:	
45. Miyuu ilmahaaga ama qoyskaagu ka qeybqaataa wax ah mashruucyada soo socda? <input type="checkbox"/> Haa <input type="checkbox"/> Maya hadii ay jawaabtu tahay haa, waa midkee? <input type="checkbox"/> Kaadhka caydha <input type="checkbox"/> Mashruucya waxbarashada naafagada ee qoyska (FNEP) <input type="checkbox"/> Mashruucya gadisleyda <input type="checkbox"/> Booranada raashinka <input type="checkbox"/> Waxbarashada oo da'da oo aad u yar lagu bilaabo <input type="checkbox"/> Waalidka oo macalin ah <input type="checkbox"/> Kuwo kale:	
46. Miyaad haysataa qabal kuugu filan raashinka iyo meel aad ku keydisato ama aad ku diyaariso sida qaboojiye, shoolada wax lagu kariyo oo si fiican u shaqeey kartu iyo maqaasiin aan lahayn cayayaan iyo kiimikoojinka waxyeloojinka leh?..... <input type="checkbox"/> Haa <input type="checkbox"/> Maya	[411.9]
TO BE COMPLETED BY WIC OFFICE PERSONAL ONLY	
SIGNATURE (RISK ASSESSMENT):	SIGNATURE (NUTRITION COUNSELING):
DATE:	DATE: